

HIV and AIDS:

Information for Young People

Take control of your life. Protect yourself from HIV! You make your own choices, so know how to keep yourself safe.

Be prepared

- Always keep a latex condom with you and know where to get more. You can get free condoms from some clinics, high schools, and teen programs.
- Practice putting on a condom so you will be ready.
- Always make putting on a condom part of having sex.
- Use a new latex condom the first time and every time you have sex.

Know how to use a condom

- Use a condom every time!
- Hold the tip of the condom to leave room for semen
- Unroll it...all the way down to the hair
- Don't spill! Hold onto the rim when withdrawing

safest

- Choosing not to have sex
- Delaying sex until you are older
- Knowing what's safe and then setting your own limits
- Kissing, flirting, masturbating

safer

- Having sexual intercourse with a latex condom or a Reality female condom. Use only a water-based lubricant. Oils, petroleum jelly, or hand and body lotions make condoms break.
- Remember that oral sex has some risk. Do not have oral sex if you have mouth sores or cuts. Do not floss or brush just before or after oral sex.
- Use a condom or latex barrier for oral sex. If you're having oral sex, it's safer if someone doesn't come in your mouth.

not safe

- Having vaginal or anal sex without a condom
- Sharing needles and works for any reason

If you want to be tested... you can do it all on your own.

STD clinics, HIV testing sites, community health centers, and hospitals across Massachusetts provide free **anonymous** counseling and testing for young people. You can walk in and be tested without your parents or anyone else knowing. These services are free (no bill or letter will be sent to your home

address) and no one else, even those closest to you, can obtain a copy of your test results.

To find out about a testing site near you, call the AIDS Action Committee Hotline at **1-800-235-2331**.

So now you know! You have the power!

- Decide to have sex only when and if it is right for you.
- Carry a condom. Be prepared to protect yourself and your partner.
- Know how to use a condom to prevent HIV.
- If someone is pressuring you to have unsafe sex, he or she may not be the right person for you to have sex with.
- Protect yourself!

HIV

Human Immunodeficiency Virus

causes

AIDS

Acquired Immune Deficiency Syndrome

HIV is found in the blood, semen, vaginal fluids, or breast milk of someone infected with HIV.

You can get HIV by:

- having sexual intercourse without a condom or latex barrier.
- sharing needles to shoot drugs or steroids or for piercing or tattooing.

It's important to know your choices. Protecting yourself from HIV means making healthy decisions about what you will or will not do. Know how to keep yourself safe!

The 800 numbers listed here are free, confidential, and will not appear on your phone bill:

AIDS Action Committee Hotline

1-800-235-2331 (English, Spanish)

TTY: 617-437-1672

Information, support, and referrals on HIV/AIDS, STDs, and Hepatitis transmissions, testing, and treatment

First Call for Help

1-800-231-4377

Information and referrals on a variety of services, including HIV

Massachusetts Substance Abuse Information and Education Helpline

1-800-327-5050

TTY: 617-536-5872 (this is a toll call)

Information and referrals to treatment and self-help groups

**Get Tested.
Get Care. Get Support.**

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